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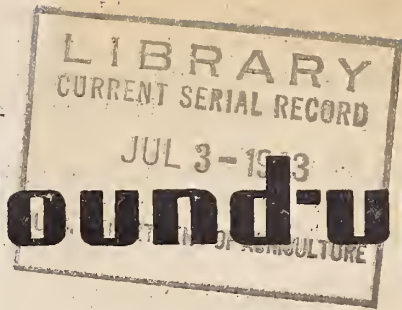
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A Service
For Directors of Women's Radio Programs



Radio Round-up

on food...

Atlanta, Ga.
Feb. 20, 1943

Dear Broadcaster:

There've been some changes made. To begin with, the scope of the Radio Round-up on Food has been broadened. Material for it will be collected from all parts of the Food Distribution Administration, from other parts of the Department of Agriculture, from the Office of Price Administration, the War Production Board, and other government agencies. It's going to be literally a round up of all government food news.

In the second place, the Round-up will be sent to you from the regional office of the Food Distribution Administration in Atlanta, instead of from Washington. Here's the reason. While information included in the Round-up is pertinent to all homemakers, we hope to be able to localize the service so that it will be of greater use to you. Washington will send material to us each week. We will add information that applies distinctly to the South. And the Round-up will be mailed to you each Saturday.

Food is headline news these days. And homemakers are vitally concerned with what's happening on the food front. We hope the Round-up will be of some help to you in keeping them informed.

Should you need additional information on any item, or if you have any suggestions for improving this service, please let us know.

Very truly yours,

Harry L. Carr
Harry L. Carr, Chief
Marketing Reports Division

US Department of Agriculture
Food Distribution Administration

PRELUDE TO POINT RATIONING

This is what might be called the week of the Big Freeze on canned foods. You broadcasters can be of tremendous help to your listeners by giving them all the information you can on where and when to register for the new ration book...this is information you will obtain in your own city, of course.

We've covered many of the details of point rationing in RADIO ROUND-UP during recent weeks, but here are some of the essential things everyone should remember about the actual process of getting the new books:

One person may apply for all the ration books in any family or household. And every person should have this new book, under which rationing will start on March 1st. Some people say they do not use canned goods, others admit they have enough on hand to last for some time. But don't forget this book soon will be used to ration meat. You will need it for use at that time anyway.

War Ration Book One for each person must be presented in order to obtain Book Two. Also, it is necessary for everyone applying for Book Two to submit the signed consumer declaration, whether excess stocks of canned goods are held or not.

The Consumer Declaration form must contain the names of all persons for whom the family representative is reporting, as well as the serial number of each person's War Ration Book One. This form may be clipped from the newspaper and filled out in advance, or obtained at the place of registration. Just one figure need be given on the Consumer Declaration...the total number of containers, 8 ounces or over, minus the allowance of five for each person...not the number of each kind of food. Remember, this declaration is every honest person's protection against those who are trying to chisel on their neighbors.

People in the country who always have kept fairly large stocks of canned goods on hand are reported as feeling this consumer declaration is unfair to them. The purpose of this practice has been to make frequent shopping trips unnecessary, and they do not feel they should be penalized. Try to make it clear this declaration is not a penalty. OPA recognizes that many families, especially in isolated places, also keep large supplies of such foods. There are others who do not, however, and it would be hardly fair to let families with large stocks buy just as much as those with little or no canned goods on hand. The Consumer Declaration is simply a means of starting the rationing program on a fair basis for all. In this connection, it is well to stress that nobody will lose all the ration stamps in the book, because of these large stocks. Only the 8 point stamps will be removed from Book Two at the rate of one stamp for each can (8 ounces or over), in excess of five per person. This will leave half the points--all the 5, 2 and 1-point stamps--to be used for rationed products, to vary the diet.

Some people fear they'll have to give up excess cans, but this will not be required, no matter how large the supply on hand. They are to be kept and used at the same rate as the rationing allowance permits, and will make it necessary for a person to buy new goods only as they are needed.

On the front cover of War Ration Book Two there will be a large "Validation" stamp, across which the owner must write the serial number of the new book in ink or indelible pencil. Nobody will be able to buy canned foods with any ration book which does not have the validation stamp on the front cover.

The old ration book for sugar and coffee (and now shoes), will be returned, together with the new point-ration book.

There will be an official Government list in grocery stores showing every processed food that is rationed, and the point value for each size. The newspapers also will carry this information.

You probably already have listed suggestions for easy shopping with point stamps to pass on to your listeners, but we'll give you a number of good ones in next week's ROUND-UP.

MORE QUESTIONS AND ANSWERS ON POINT RATIONING

You're probably receiving inquiries every day about point rationing, as the first of March draws close. Here are some that have come to our attention recently:

Q. Both my wife and I will have to be out of town during the entire week when registration for War Ration Book Two will take place. How are we to get the books for ourselves and our two children?

A. One of you may take all four of your present War Ration Books to a War Ration Board in the city where you're staying that week, and register there just as you would have done at home. They will issue the new ration books to you, and will advise your home ration board of this procedure.

Q. Suppose a person is prevented by illness or accident from going to the registration place during the week of February 20, and has nobody to register for him. How is he to obtain War Ration Book Two...can he register late?

A. Yes, that is what he will have to do. He should remember, however, that there will be an interval in which he will not be able to purchase rationed foods. Point rationing starts on March 1, and nobody will be able to buy any rationed foods after that date without War Ration Book Two.

Q. On what date should the Consumer Declaration of surplus stocks of canned foods be made-February 21, the date on which the freeze starts, or the day on which I actually go to register for my new ration book?

A. February 21 is the day on which all Consumer Declaration should be made up, and the statement should cover all surplus supplies actually on hand on that day. This date has been set in order to make these declarations uniform throughout the country.

Q. I have several cans of salmon and canned meat in my pantry. Should I declare these along with my other canned goods on the Consumer Declaration form?

A. No. Canned meat and fish are not being rationed under the processed foods program, even though the sales have been suspended. Stocks of these foods on hand need not be declared. They will be included in the meat rationing program when that starts.

WARNING: POISON!

That would be the most suitable label on certain jars of fruit and vegetables which may be reposing right now on many a pantry shelf...jars containing commercially canned foods which have been transferred from the cans into glass jars. Reports indicate that some of the people who are worrying for

fear rationing won't give them enough to eat have been buying canned foods in quantity, or using stocks already on hand, opening the cans and putting the contents into glass jars. They've figured that this entitles them to classify such foods as home-canned, which do not have to be counted in the consumer declaration.

Probably you've heard about this dangerous practice, and if you haven't already talked about it on your program, we suggest that you mention it during this week before rationing starts. It may result in fatal food poisoning, and any warning you can give of the danger may help to prevent tragic results. Perhaps you'd like to quote Dr. Russell M. Wilder, physician and nutritionist, who is Chief of the Civilian Food Requirements Branch of FDA. Dr. Wilder says: "Most foodsthat are removed from cans must be reprocessed before they can be preserved in glass jars, just as if they had never been canned. Re-processing, however, is unsatisfactory for housewives to undertake, and may be dangerous. Not only does the product become a soupy mass with decreased food value, but it may be unsafe to eat. It is, therefore, wasteful of food and food values, as well as dangerous, and is contrary to the intent of the rationing program, which is contributing to the winning of the war."

No words you can say are too strong if they'll serve to protect people from the dangerous results of the panicky state of mind expressed by the hoarding of food in this way.

RURAL ROLL CALL

Have you heard about the roll call of rural women which is to be held from March 1 to 20? It will be a big drive to get more food produced by farm families, in order to release more commercial stocks for city people and for direct war needs. This drive is to be under the leadership of State and county home demonstration agents of the Extension Service. Neighborhood leaders, who were organized some time ago by the Extension Service, will visit rural familes to talk over the food situation. They'll explain why it is important that farm families produce a maximum amount of food for home use, give home food supply suggestions, and get the homemakers to sign enrollment cards in the Victory Home Food Supply Program. Families in suburban areas and small towns can help in this campaign too, and broadcasters can be of assistance in explaining the aims. Major stress is to be put on fresh fruits and vegetables from the Victory Garden, canning 100 or more quarts of fruits and vegetables for each member of the family, and producing an ample supply of milk, chickens for eggs and meat, and other home-grown meat and food crops for use in the family.

Get more information about this from your State and county extension agents, and give your help to the roll call of rural women.

PROGRAM NOTES

Favorable Prospects for Food in 1943

A recent summary of agricultural developments indicates that prospects are favorable for another record-breaking year of food production. Moisture conditions were favorable at the beginning of the new year, and if we have only average weather from now until harvest, crop yields per acre will probably be about equal to the general level in 1940 and 1941...higher than in preceding years. Stocks of feed grains and of wheat, and numbers of cattle

on feed January 1, were at an all-time record. Numbers of sheep and lambs on feed for market were only slightly below the record set a year earlier. Government-inspected slaughter of hogs in December reached the figure of 6.8 million...all the meat going into interstate commerce must be slaughtered under Federal inspection, you know. This, however, is only about 2/3 of the total number of hogs slaughtered, but it is the largest figure on record for any month. The 1942 output of chicks from commercial hatcheries reached an all-time high, and the December output was a record for the month. This reflects the strong demand for chicks to meet the need for increased production of poultry for meat. This summary also states that goals for several important war crops have been increased since the beginning of the year. It should be borne in mind, however, that the increase in demand for farm products will doubtless exceed the increase in production.

Victory Gardens can Help

The goal for 1943 is 18 million Victory Gardens, and these gardens can do much to help meet our food needs this year. H. W. Hockbaum, Chairman of the Federal Government Victory Garden Committee says: "Food production is war work this year. Food needs of our armed forces and our allies are greater than last year and it is very doubtful that commercial growers can supply the great varieties of vegetables that we have had in the past. There is no point in planting a garden unless you can devote 4 or 5 hours a week to it. We estimate an hour a day will take care of a 30 x 50 foot garden."

This is an important point to bring out in talking about Victory Gardens to your listeners, broadcasters. Remember the old saying: "If a thing is worth doing at all, it's worth doing well."

How much Food Went to Lend-Lease?

Here are figures to give you an idea of how much food we Lend-Leased in 1942. Meat: one pound out of every twenty went to our allies. Dried and Evaporated Milk: $\frac{1}{2}$ quart out of every ten went to our allies. Cheese: almost $\frac{1}{4}$ of every pound the U.S. produces was exported to our allies. Butter: one ounce out of every 6 pounds of butter went to the Russian Army. Eggs: one egg out of every ten went to make the egg powder we exported. Canned foods: one out of every hundred cans produced in this country was Lend-Leased.

February CONSUMERS' GUIDE OUT.

The February issue of Consumers' Guide contains an article called "We Share Food", in which Secretary Wickard explains why America's food supplies are being rationed through the new point system. There's also an interesting picture-story called "How to Live without a Can Opener", followed by an article on Victory Gardens. There's material for broadcasts on school lunches in the story "School Lunches Must Go On". You can get a sample copy of the February issue of Consumers' Guide by writing to USDA, Washington, D. C.

WHO DONE IT?

So you've been wondering who decides how our food supply should be divided. From now on, here's how it'll be done.

First, an Inter-Agency Food Allocations Committee recommends allocations of food to the Secretary of Agriculture. This committee has just recently been established. It is made up of representatives from all major government agencies concerned with food distribution problems- the Food Distribution Administration, War Department, Navy Department, Marine Corps, Veterans Administration, Office of Price Administration, War Production Board, Interior Department, Lend-Lease Administration, State Department, and Board of Economic Warfare.

Then, recommendations of this committee form the basis of final determinations by the Secretary in consultation with the Food Advisory Committee and the Combined Food Board.

We see the result of these committees' work in food distribution orders allocating the food supply.

DONE WHAT?

Food Distribution Order No. 20 - Lard

The Lard Order requires that Federally inspected packers reserve 50% of their weekly lard production for purchase by the Food Distribution Administration. The purpose of the order is to provide approximately 1 billion, 50 million pounds of lard to meet war requirements. Current purchases of lard by FDA are not at high enough levels to meet the immediate urgent requests of the United Nations, and therefore, Secretary Wickard issued this order so that the necessary supplies might be started to the battle fronts immediately.

Civilian supplies of lard for 1943 will not be decreased, however,...in fact, they will be increased slightly over the amounts available in 1942. This order, applying only to federally inspected packers, will not affect the about 800 million pounds of non-inspected lard expected to be produced this year. The total 1943 supply is estimated at about 1 billion 850 million pounds, an increase of 4 million pounds over last year. The increase in civilian supplies may be larger, if production this year exceeds present estimates.

Food Distribution Order No. 21 - Tea

Secretary Wickard has issued Food Distribution Order No. 21, a further order on tea, effective on February 15, for the purpose of naming qualified distributors of tea. A Tea Distribution Committee, composed of competent tea experts, will be appointed, to work with Roy F. Hendrickson, Director of Food Distribution. After consultation with this committee, the Director will supervise the distribution of the various qualities of tea to packers, in accordance with their needs. The aim of this order, and of the previous order on tea (No. 18) is, of course, to assure a fair distribution of available tea to consumers.

Our normal imports of tea are about 100 million pounds per year, but shipping space was available for only about 67 million pounds during 1942. Expectations are that we will receive about 85 million pounds this year. About 50 million pounds of this will go for civilian consumption and the remaining 15 million to the military.

The lack of shipping space is the important factor which limits the importation of tea into the United States at present. All tea for this country normally has come from the Far East, most of it from India, Ceylon and the Netherlands East Indies, from which, in normal times, came about four-fifths of the tea in the world markets. The other one-fifth was shipped from China and Japan. The war, of course, has shut off tea supplies from China, Japan and the Netherlands East Indies.

Food Distribution Order No. 22 - Canned and Processed Foods

To be sure canned and processed foods are divided fairly between war and civilian needs, Secretary Wickard issued Food Distribution Order No. 22. Under this order, Roy F. Hendrickson, Director of Food Distribution, will issue supplemental orders specifying the quantities of these foods to be set aside by canners and processors for government requirements.

The first supplemental order transfers the administration of the WPB order designating percentages of fruits, juices and vegetables to be reserved from the 1942 pack to the Department of Agriculture. The second one provides for reservation of certain percentages of the 1943 pack of canned fruits and fruit juices for government purchase. More grapefruit, orange and pineapple juices will be saved out this year, while less apricots, fruit cocktail, peaches and pears will be bought by the government. This second order supersedes the WPB order governing these reservations. A third supplemental order reserves for government purchases certain percentages of the canned vegetables packed in 1943. It means that a bigger percentage of the 1943 pack of canned asparagus, lima beans, snap beans, corn, and tomatoes will be available for civilian consumers than from the 1942 pack. However, larger percentages of beets and carrots will be bought by the government. This, too, supersedes a WPB order.

Total effect of the order is that civilians will get a larger share of canned vegetables from the 1943 pack than was previously estimated. The order releases about 10 million cases from government reservations. Most of the increase will be on canned tomatoes and snap beans.

Food Distribution Order No. 23 - Canned Fish

Division of the 1942 pack of canned salmon has been completed. And the civilian gets the last bit. The remaining 20%, about 50 million pounds of salmon, can now be sold to wholesalers for later civilian distribution. The final score of the 1942 pack stands at 60% for our fighting forces and our allies and 40% for us here at home.

You can expect the last of the 1942 salmon to appear in grocery stores as soon as consumer rationing of canned salmon, along with all other canned fish and canned shellfish, begins. Stocks are frozen now.

Food Distribution Order No. 23, which supersedes the WBP order governing the reservations of canned fish, makes no other change in the provisions. Canners of sardines and mackerel will continue to supply 80% of their 1942 production to the government. Civilians got the remaining 20% of these fish earlier in the season. The order, issued by Secretary Wickard, is effective now and will be administered by the FDA.

The first part of the report is devoted to a description of the general conditions of the country, and to a statement of the results of the various expeditions which have been made into the interior since the discovery of the gold fields.

The second part of the report contains a detailed description of the gold fields, and of the various methods which have been employed for their exploitation.

The third part of the report is devoted to a description of the various tribes which inhabit the country, and to a statement of the results of the various expeditions which have been made into the interior since the discovery of the gold fields.

The fourth part of the report contains a detailed description of the various methods which have been employed for the exploitation of the gold fields.

The fifth part of the report is devoted to a description of the various tribes which inhabit the country, and to a statement of the results of the various expeditions which have been made into the interior since the discovery of the gold fields.

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U. S. DEPARTMENT OF AGRICULTURE

Radio Round-up

on food...

A Service for Directors
Of Women's Radio Programs

Atlanta, Georgia
March 20, 1943 - No. 5

CHAPTER II OF WAR RATION BOOK II

Even though we start the first of next month "in the red", so to speak, paradoxically, we'll be better off than we have been in recent months. Those red stamps in War Ration Book Two will bring each of us a fair share of the foods which have become more and more scarce as the weeks have passed. As you know, meats, edible fats and oils (including butter), cheese and canned fish will be rationed, beginning at midnight, Sunday, March 23th. Just so that you'll be able to answer any questions you're asked about exactly what is rationed and what is not rationed, here's a list for you to keep in your files.

THESE FOODS WILL BE RATIONED:

- Meats, including all fresh, frozen, smoked, and cured beef, veal, lamb & pork. All meats and meat products in containers of tin or glass.
- All dried meats.
- Variety meats, including tongues, brains, hearts, livers, tripe, sweetbreads, kidneys.
- Bouillion cubes, beef extracts, and similar concentrates.
- All dry, semi-dry, and fresh, smoked and cooked sausage, including salami, pork sausage, baked loaves, wieners, scrapple, souse, head cheese and others.
- Suet, cod, and other fats. (Cod is a special kind of beef fat.)
- All fish, shellfish, and fish products in hermetically sealed containers.
- Fats & Oils, including butter, margarine, lard, shortening, cooking & salad oils.
- Cheese of all kinds except those expressly excluded; rationed cheeses include: Cheddar (American), Swiss, brick, Munster, Limburger, Dehydrated Grated, Club, Gouda, Edam, Smoked, Italian & Greek (all hard varieties) processed cheese, cheese foods; cheese products containing 30% or more by weight of rationed cheeses.

US Department of Agriculture
Food Distribution Administration

THE FOLLOWING FOODS ARE NOT RATIONED:

Fresh fish; frozen fish; smoked, salt, pickled fish; fish in containers that are not hermetically sealed.

All poultry and game, whether fresh, frozen, or in cans or glass.

Olive oil when not blended with other ingredients; salad dressings & mayonnaise.

Soft or perishable cheeses, such as cream cheese, Neufchatel, cottage, pot, baker's, Camembert, Liederkranz, Brie, Blue; cheese spreads made with a base of cheese which is not rationed; cheese spreads and cheese products containing less than 30% by weight of rationed cheeses.

Discourage Hoarding

This new rationing program does not require any declaration by consumers of the amount of rationed foods on hand when rationing starts. This exemption extends to stocks of food in the frozen locker-plants largely used by farmers for storing meat which they produce and slaughter for home consumption. We all know there are some chisellers who won't be restrained by any considerations of fair play from stocking up ahead of rationing. It might be well for you broadcasters to do a bit of "missionary work" between now and the 29th, however, pointing out that the privilege of being an American ought to be enough to restrain anybody from hoarding any of the foods on this list. OPA has announced that the decision on whether it will be necessary to freeze retail sales on any of the rationed items which could be stored will depend on how public buying proceeds during the next week or so. In no event, however, will there be a freeze of sales of meats.

Explain Validation Dates of Stamps

Here is a point which may require a bit of extra emphasis and explaining. As you've heard, no doubt, the basic allotment to each holder of War Ration Book Two is 16 points a week. During the first five weekly periods, red stamps will become valid and will expire as follows:

<u>Week Beginning</u>	<u>Red Stamps Bearing Letter</u>	<u>Stamps Expire</u>
March 29	A - 16 points	April 30
April 4	B - 16 points	April 30
April 11	C - 16 points	April 30
April 18	D - 16 points	April 30
April 25	E - 16 points	To be announced

You will note that each group of stamps amounting to 16 points becomes valid at the beginning of a different week, but that they're all good throughout the month. This will serve to distribute consumer purchases more evenly through the month, and prevent a sudden rush on rationed foods at the beginning of the month. It should be made clear to consumers, however, that the stamps will be good through April 30, as we've heard that some people have the impression that each group of stamps can be used only during the week in which it becomes valid.

POINT VALUES TO BE ANNOUNCED SOON

You'll have all the dope on point values of the rationed foods sometime during this week from the OPA and wire news services.

LET'S GET IT STRAIGHT

Some people have the idea, because it was announced that meat rationing would be based on approximately 2 pounds for each person per week, that the whole system was just that cut and dried. It should be made clear that 2 pounds is just an average. Naturally, you will be able to buy more than 2 pounds if you spend your stamps on spare ribs, and probably less than 2 pounds if you spend it on steak without a bone. The same applies to fats being rationed. An Atlanta woman called in to ask how she could ever get along with the 2.7 pounds of margarine, the total which had been announced as an average for the country for the next nine months. The answer, of course, is that if she buys no butter or other fats, she can increase the margarine purchasing power of her red stamps by several times. Besides, the 2.7 pounds of margarine for everyone in the country will largely be consumed in the southern states, making the per capita amount much larger here. Remember that the red stamps are interchangeable for meat or fats. That means the vegetarian may spend all his points on butter, for instance; or that the man who doesn't like butter can spend all his points for meat.

We hope the public will not expect the meat rationing and meat licensing orders automatically to put stocks of meat in every butcher shop sufficient to take care of everyone's rationing requirements Monday morning. There are bound to be shortages of meat here and there until the system has had a chance to work itself out. You broadcasters can help a lot in asking your listeners to be patient -- things should be on a stable basis in a short time.

Change in Ration Stamps Permitted

One difference between the handling of the blue and the red stamps is that retailers are permitted to give "change" in red stamps, where a customer finds it impossible to give the exact amount of stamps required for a purchase. One-point red stamps only of any valid series, will be used for this purpose.

OPA says that as in the case of the blue stamps, however, the red stamps must be removed from the book only in the presence of the storekeeper or his clerk. If rationed food is ordered by phone, stamps must be given to the delivery boy. No "credit" in points may be given.

Rationed Foods in Restaurants & Hotels

Tell your listeners that they needn't feel that the folks who eat in hotels and restaurants will have a great advantage over them when it comes to rationed foods. OPA announces that all restaurants, hotels and other institutional users will be allotted supplies of the rationed foods. These allotments will be on a basis that will reduce their use of these foods to approximately the same level as that of those who eat their meals at home all the time.

THEY NEED A LICENSE

By this time, county USDA War Boards should have informed every farmer and butcher and slaughterer and livestock dealer that they must register if they wish to do business with the public after April 1...The war boards are having meetings and signing up farmers this week, but it is possible that some farmers still don't understand that they must be licensed. No wholesale cut of meat can be sold after March 31 unless it carries the license permit number of the slaughterer. Mention this in your discussion of the meat problem to catch any of the stragglers.

Incidentally, the new meat regulations do not alter the OPA's requirement that all meat must be graded by Federal graders (where Federal graders are not available, slaughterers may be authorized to grade their own). So, the housewife will have both grade stamp and slaughterers permit number on every wholesale cut of meat as additional safeguards against black market.

"POINTS" TO KEEP IN MIND

The past week or so has brought a couple of changes in point values of rationed foods. Dried and dehydrated prunes and raisins were reduced from 20 to 12 points per pound which helps eliminate an inequality in the original point value table. (As these values are set up, the value of a pound was 20 points, whereas the pound value in fractional amounts totaled only 12 points.) At the same time, dates and figs not hermetically sealed were removed from the list of rationed foods entirely. This was done because of the perishability of these foods, particularly as warm weather approaches.

The second reduction in point values covers dry beans, peas and lentils, which have been lowered from 8 to 4 points per pound. This change was made for several reasons, the principal one being that the national supply of these products is larger now than when point values were originally announced. USDA's efforts to increase the stocks of these important foods have resulted in bringing substantial quantities, particularly of dry beans, into this country from Mexico and other sources. Now you have a chance to talk up the old-fashioned Saturday night supper of baked beans, a New England specialty that's become a favorite in many parts of the country. Then there's the thick, delicious dried pea soup that men like especially....the children will love it too. You'll do well to feature these foods, which are high in nutritional value but fairly low in point stamps and pennies.

And while we're speaking of changes, here's a reminder that the next coffee ration period is shorter...only five instead of six weeks, which will be good news to coffee lovers. Stamp No. 26 will be good for one pound of coffee during the five weeks between March 22 and April 25. According to OPA this amounts to a 16% increase in the national coffee ration, and exemplifies one of the basic principles of OPA policy...that of relaxing rationing restrictions whenever circumstances permit.

QUICK CHANGE

To encourage your listeners to save waste fats, you might tell them that OWI has just assured us that the salvaged oils and fats are being turned into war products a little more than three weeks after they leave the kitchen. American soap manufacturers and munition makers have stepped up production methods since the beginning of the war, and are rapidly converting fats into glycerine and other war materials. There is no U. S. glycerine industry, as such, since glycerine is a by-product of soap manufacture, and of the candle-making industry. Chemists of the soap industry are studying possible further refinements of technique, so that production may be still further increased.

OWI warns that production of vital glycerine would be seriously jeopardized if it were not for the reserve source of supply we have in the kitchen fats that homemakers in this country normally throw away...estimated at a billion pounds every year. Only one tablespoonful a day from every household would more than meet our goal of 200,000,000 pounds for 1943. Therefore, fat salvage is one of the nearest-at-hand, least costly, and quickest ways in which American women can back up their men in the services.

Share Your Seeds

Victory Garden stories coming from all over the country indicate that the widespread interest in gardening is resulting in an amazing demand for vegetable seed. In view of this, USDA feels it may help prevent seed waste if you encourage gardeners to share packets of seed wherever possible. Particularly where the garden is small, a half packet is often enough. If two gardeners planned to share one packet in such cases, considerable saving might be made.

THE 1943 FISH STORY

Fresh fish, high on the list of unrationed foods, will probably find its way into many a market basket this year, not only during the Lenten season, but long after. Secretary Wickard already has estimated that a minimum catch of seven billion pounds of seafood products will be needed this year to supply the armed forces, our Allies, and civilian needs. However, there's a question whether this goal can be reached. Fisheries Coordinator Harold L. Ickes recently announced that unless many of the industry's handicaps are removed, the production of fish for '43 will be much less than that figure. The fishing industry has been more gravely affected by the war than many others. It has lost many of its craft to the armed forces...many of its men to the Army and the Navy...and furthermore, some of the most important areas available to our fishermen have been restricted for security reason.

The production of seafood also affects the production of other products. Fish meal is a common and necessary ingredient of poultry food, and it has a material effect on poultry and egg production. Fish oil, rich in vitamins, is largely used in medicine, and also in various industries. The steps which have been taken recently to help remedy the losses suffered by the fishing industry, therefore, will have a definite effect on our food supply.

The homemaker herself can take some action which will be of real help... she can experiment with the unfamiliar fish she'll be finding these days in her local fish markets...fish native to her own section of the country which she may never have heard of before.

A delicious addition to the shellfish family would be the mussel, found in New England and in the Middle Atlantic area....a fish available all year round. And the great clam beds off the coast of Florida might be exploited to provide the country with more of the basic ingredient of clam stew and clam chowder.

King Whiting and mullet are unfamiliar fish to many parts of the country... they're from the South Atlantic and Gulf states. Sharks, gar and sawfish, now sold on the New Orleans market, are not widely known either.

If you'd like detailed information about cooking fish to pass on to your listeners, we suggest you write for a new bulletin just about ready for publication, entitled WARTIME FISH COOKERY. Just write the name of this bulletin on a postal card, with your name and address, and send it to the Fish and Wildlife Service, U. S. Department of Interior, Washington, D. C.

Some helpful leaflets giving specific information about fish in each section of the country are now in preparation, we're told, and we'll try and get copies of them to send you as soon as possible.

SPIKE THIS RUMOR !

Have you heard the rumor of a potato shortage? We heard it and thought you might like the straight story. As is usual for this time of year, the time before the new crop comes to market from southern early producing areas, the Irish potato supply is low.

Add to that normal situation the complicating factors that consumers are eating more potatoes than usual, that farmers need more potatoes for seeds to meet increased production goals, that the Armed Forces in some areas are requiring large quantities of potatoes and that consumers have been hoarding potatoes in recent weeks, and you can see what makes the supply tight.

At worst, this is only a temporary situation. The 1943 goal for Irish Potatoes, revised upward twice, calls for a 17 percent increase above the 1942 acreage. On the basis of moderate yields, this would provide a crop of about 410 million bushels -- enough to meet anticipated war and civilian requirements for next year. Good weather, such as in the past season, would give a huge crop even if acreage goals are not quite met. It is entirely possible that consumers will be asked to eat more potatoes later in the year. But for the present, you can be of great help, if your vicinity seems to be threatened with a potato shortage, by urging the public to "go easy" on the potatoes. Remind them we need more seed for an adequate crop next year. Tell them how wasteful hoarding potatoes is. Late potatoes, such as on the market now, do not keep well under home conditions, and a bushel bought by a hoarder will deteriorate long before it can be eaten.

At the same time, encourage your listeners to make the best possible use of potatoes by minimizing waste. When potatoes are peeled, not only about one-fifth of the potato is thrown away, but valuable minerals found close under the skin are destroyed. If potatoes are boiled or baked in their jackets, it will mean better nutrition as well as food saved for our national supply.

NOTES TO THE DIRECTOR

As one ration period draws to a close, another starts. Blue stamps letter D, E and F - a total of 48 points - in War Ration Book Two may be used from March 25 through April 30 instead of waiting until April 1. Stamps A, B, and C are good until April 1. Overlapping of ration periods allows consumers to combine stamps of smaller denominations they may have left from the first period with stamps good in the second period to buy items of higher point values, and thus make use of the smaller denominations which might otherwise be lost.

The government has released grapefruit juices which have been frozen in the warehouses of the distributors since January 28. The purpose of the freezing order was to prevent sales of citrus fruit juices during the period that fresh fruit is available. With grapefruit juice under canned-foods rationing, there is apparently enough to see us through the year. Processors without concentrating facilities (equipment to concentrate the juice for shipment abroad) may produce single-strength citrus juice, and processors with concentrating facilities may be authorized to produce single-strength juice if their facilities are at maximum production. All of which adds up to the good news that it looks as though grapefruit juice will be on the market again in sufficient volume to take care of rationing demands.

BREAD...STILL THE STAFF OF LIFE

Back to the vital subject of nutrition, Lurline Collier, Georgia's state home demonstration agent, reminds us that the "intelligent use of food supplies" is a home-front goal, 'dove-tailing' with all war efforts for 1943. It's the homemaker's forte to know nutrition requirements for her family and serve them accordingly. Her enemy is malnutrition--and it's a deadly one.

It's aided and abetted by the over-refinement of certain staples such as bread. Miss Collier reminds housewives that only by using whole wheat flour or enriched flour will she be giving her family a well-balanced diet. Food industries, particularly millers and bakers, are co-operating in producing whole grain flour and bread --but the food habits of the public haven't exactly clamored for it. The first food order of the Food Distribution Administration required that all white bread must be enriched by adding amounts of minerals and vitamins. Remember, breads and cereals have been furnishing about 25 percent of the calories in the American diet. Nutritional authorities declare that enriched white bread could easily supply at least 40 percent of the calories in our daily diets. A word of authority on that subject comes from Dr. R. R. Williams, chairman of the committee on cereals of the Food and Nutrition Board of the National Research Council, who declares it a patriotic duty to eat enriched bread.

"If the use of enriched flour and bread becomes universal, the average intake of thiamine (vitamin B₁) in the American diet will be increased about 64 percent", he says.

DEHYDRATION

The entire production of seven major dehydrated vegetables has been reserved for war needs. All stocks and future production of dehydrated Irish potatoes, sweet potatoes, cabbage, carrots, beets, onions, and rutabagas, are reserved. Others may be added later, but dehydrated soups -- about the only dehydrated vegetable product purchased to any extent by the general public -- are not reserved yet.

Although not specially important now in the home food picture, dehydration has captured the imagination of the public. A leading southern utility company has announced a home dehydrator at a reasonable cost. It is possible that these simple home dehydration plants may take up a good share of the Victory Garden produce, while the large commercial plants are absorbing part of the farmers' crop for shipment abroad. Bulletins on home dehydration are available from the Department of Agriculture at Washington. Write for Farmers Bulletins No. 1918 and No. 984, "Drying Foods for Victory Meals" and "Farm and Home Drying of Fruits and Vegetables."

GOOD NEWS FOR TEA LOVERS

Tea will be put up only in standard packages after March 31 in another move to prevent the necessity of rationing that product. For bulk retail sale, the packages must be in one of two sizes: 4 ounces or 1 3/8 ounces, net weight. Tea bags or balls for individual servings may be packed only at the rate of 200 bags or balls per net pound of tea. Up to this time, many different sizes have been in use. The packaging of tea bags and balls in sizes other than those provided in the new order may continue until August 1, where this is necessary to avoid waste of containers already printed with the labels for other sizes.

It looks as though tea will be a little weaker, but for the lover of this beverage, so popular with especially those who have lived in England, it is good news that these slight restrictions may help prevent tea rationing.

MORE QUESTIONS AND ANSWERS ON POINT RATIONING

Now problems regarding point rationing keep coming up, and as we hear of them, we pass them on to you, together with the answers. Here's the latest crop.

Q. My baby is on a diet which required more canned baby food than I can buy with my present ration allowance. How can I get more?

A. By presenting to your local War Price and Ration Board a statement signed by a licensed physician, stating why the present allowances are insufficient for the child's diet. This must also state how much more of the processed food he needs, and why fresh and unrationed foods cannot be used to supplement the ration.

Q. How can a blind person, living alone, get an extra allowance of rationed canned food?

A. Anyone who needs an extra allowance of canned food because he is ill or physically handicapped may get a certificate for the additional amount he needs by presenting the Ration Board with a signed statement from his doctor, stating why such extra allowances are necessary, and certifying further that unrationed foods cannot be used instead.

Q. Are ingredients for Chinese dishes, such as canned bean sprouts, canned bamboo sprouts, and water chestnuts, rationed?

A. Yes...all these canned products are rationed.

Q. How can church groups get rationed foods for church suppers?

A. The minister or other representative of the church as an institution may get a certificate for the necessary rationed food by applying to the local Board.

Q. Suppose I live in a boarding house and turn in my ration book at the beginning of a month. How can I get stamps to use if I move before the end of the month?

A. If you live in a boarding house where 50 or more people eat, no stamps will be removed from your book. If stamps have been taken out, ask your boarding house to make a satisfactory adjustment.

Q. How can I find out about the point value of dry peas, beans, and lentils, and of dehydrated soups not listed on the Table of Point Values?

A. The point value of all dry beans is 8 points per pound, and of dried and dehydrated soups 16 points. These point prices are found on the packages of dried foods, or on the shelves from which they are sold.

Q. How are rationed dried fruits which are part of packages that also contain non-rationed foods handled under the rationing program?

A. The retailer will have to determine the weight of the rationed foods the package contains and ask consumers to surrender points accordingly.

Q. Are dried parsley and dried onion flakes rationed?

A. No. The only dried vegetables rationed are peas, beans, and lentils.

Q. The registrar made a mistake in deducting stamps when she tailored my Ration Book 2. How can I have this error corrected?

A. Present your complaint to the local Board for adjustment.